

# **NASTAR CENTER TRAINING PROGRAMS FOR PILOTS AND CREW**

- Situational Awareness Training
- Spatial Disorientation Training
- Upset Prevention and Recovery Training
- Hypobaric (High-Altitude) Training
- Land and Water Survival Training



# SITUATIONAL AWARENESS

## Aim

This program is designed to provide pilots with the knowledge and skills to maintain a continuous perception of self and aircraft in relation to environment during flight.

## Content

- Situational Awareness Situations
- Conscious and Preconscious Information Processing
- Mitigating Situational Awareness
- Introduction to Crew Resource Management
- Anomalies of Attention
- Forecasting and Executing Perception-Based Tasks
- Simulated Flights in Gyroflight

## Duration

1 Day

## Equipment

Gyroflight Trainer

## Prerequisites

- FAA Class 3 Medical Certificate or equivalent
- Trainees are expected to be in a good state of health and physically capable of taking part in all course activities

## Certification

All persons who successfully complete the program based on performance standards will receive a NASTAR Center certificate of completion and a NASTAR course card

## Registration

NASTAR Training Center located at 125 James Way in Southampton, PA. 18966, USA. To schedule, please contact us at 866.482.0933 or email us at [info@nastarcenter.com](mailto:info@nastarcenter.com)



# SPATIAL DISORIENTATION

## Aim

This program is designed to provide pilots with the knowledge and skills to handle visual and vestibular illusions that are frequently encountered in flight.

## Content

- Motion Environment & Orientation
- Vision & Spatial Disorientation
- Orientation, Perception & Illusions
- Spatial Disorientation Management
- Conscious & Preconscious Information Processing
- Spatial Disorientation Training Flights
- Simulated Flights in GYROlab or Gyroflight

## Duration

1 Day

## Equipment

GYROlab (GL) 1500 or Gyroflight Trainer

## Prerequisites

- FAA Class 3 Medical Certificate or equivalent
- Trainees are expected to be in a good state of health and physically capable of taking part in all course activities

## Certification

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# UPSET RECOVERY & PREVENTION

## Aim

This program is designed to provide pilots with the knowledge and skills necessary to identify and recover from upset scenarios. The course features hands-on exposure to different Loss of Control In-flight (LOC-I) situations using unique simulation technology.

## Content

- Types and Classes of Aircraft Upsets
- Loss of Consciousness In-Flight Causes and Effects
- Upset Detection and Recognition
- Flight Characteristics Familiarization and Lift Vector Control
- Basic Recoveries to Common/Past Upsets
- Health & Wellness
- Simulated Flights in GL-1500 and/or Phoenix Centrifuge
  - GL-2000 Familiarization Flight
  - Lift Vector Control Exercises
  - Extreme Maneuvering Exercises
  - Upset Demonstration and Performance Exercises
  - Proficiency Assessment Session

## Duration

1 Day

## Equipment

GyroLab (GL) 1500

Phoenix Centrifuge

## Prerequisites

- FAA Class 3 Medical Certificate or equivalent
- Trainees are expected to be in a good state of health and physically capable of taking part in all course activities

## Certification

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# HYPOBARIC (HIGH ALTITUDE)

## Aim

This program is designed for anyone interested in understanding how to identify symptoms and properly handle low-oxygen and rapid decompression situations safely and effectively.

## Content

- Aerospace Environment
- Physiological Effects of Pressure Change
- Altitude Physiology (Respiration and Circulation)
- Hypoxia and Hyperventilation & Management
- Oxygen & Life Support Systems
- Time of Useful Consciousness
- Health & Wellness
- Pressure Equalization
- Altitude Chamber Flight

## Duration

1 Day

## Equipment

Altitude Chamber

## Prerequisites

- FAA Class 3 Medical Certificate or equivalent
- Trainees are expected to be in a good state of health and physically capable of taking part in all course activities

## Certification

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## Registration

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# LAND & WATER SURVIVAL

## Aim

This program is designed with Survival Systems, USA to provide pilots, crew, and passengers with the knowledge and skills needed to survive unanticipated land or water landings and/or other episodes where rescue may be required.

## Content

- On-Board Hazards and Emergencies
- Fire Fighting in the Cabin/Cockpit
- Evacuation and Escape
- Vehicle Ditching Scenarios & Techniques
- Search and Rescue
- Safety and Survival Equipment Utilization and Deployment
- Effects of Hypothermia and Hyperthermia, Mitigation and Survival
- Survival Psychology
- Personal Rescue Techniques (signaling, flotation devices, etc)
- Fire and Shelter Wilderness Survival Techniques
- First Aid/Medical Scenarios
- Dry/Wet Evacuation Training Through an Emergency Exit on Water

## Duration

2 Days

## Equipment

Water Survival Simulator System  
Outdoors (for land survival)

## Prerequisites

- FAA Class 3 Medical Certificate or equivalent
- Trainees are expected to be in a good state of health and physically capable of taking part in all course activities

## Certification

All persons who successfully complete the program based on performance standards will receive a NASTAR Center certificate of completion and NASTAR course card

## Registration

NASTAR Training Center located at 125 James Way in Southampton, PA. 18966, USA.

Partnership with Survival Systems, USA may require off-site training. To schedule, please contact us at 866.482.0933 or email us at [info@nastarcenter.com](mailto:info@nastarcenter.com)



